



SELF IMAGE REINVENTION



MANIFESTING
COACH
BLONDIE

EXERCISE

You are about to create a new you. This is reinvention baby and its HUGE.

The more you do this exercise, the stronger the image of your new desired self will resonate, the clearer the instructions are to your mind, the less the fears come up and the easier you can break comfort zones.

The clearer the image you build of yourself, the more resources you have to help you break comfort zones, take actions and ease fears.

This will change as you evolve, meet different people who inspire you and you have different experiences.

The more you see the NEW IMAGE of yourself, the faster and easier you will become her.

Do this exercise in order and fully embrace it.

Pay attention to how you feel, what you discover and what is a desire for you to work on right now.

It's all an evolving learning curve and what you write now, will differ down the line.

When it comes to changing your life, **you need to BECOME** the person who does that. That sounds easy, it's not.

The person you are now got you here but you're up levelling, which means calling on a whole new level of behaviours, beliefs and new foundations for this to happen. If you don't change your bad habits, bad beliefs and behaviours, you won't change, you will need to take ACTION steps, which bring up fears and pushes comfort zones.

Without a big, clear vision of the exact type of person you want to **BECOME**, comfort zones are hard, you have no destination and you can't easily change your perceptions when fear comes up.

This is an important mental, visual and universal exercise. It gets you working on every level in your mind, your inner self and then projects universally.

We look at what we don't like first because usually it comes up easier and also, you have to identify with those things to change them.



- What do you NOT like about yourself?

Blank response area for the question: "What do you NOT like about yourself?"

- How do these things hold you back?

Blank response area for the question: "How do these things hold you back?"

- When have these held you back?

Blank response area for the question: "When have these held you back?"

- How would your life, look, feel and sound if you loved those things?

Blank response area for the question: "How would your life, look, feel and sound if you loved those things?"

- What negative HABITS do you have?

Blank response area for the question: "What negative HABITS do you have?"

- How do those habits hold you back?

- When have they held you back?

- If you didn't have those habits, how would your life look, feel and sound?

- What bad/negative BELIEFS do you have about yourself?

- How do these beliefs hold you back?

- If you didn't have those beliefs, how would your life look, feel and sound?

One of the easiest ways to change is to look for the antidote to all the things we hate and hold us back, we do this by looking at the opposites of them.

Go through your first list of what you hate about yourself and next to them write the polar opposite. This will give you the beliefs, sentences, phrases, new habits and everything!

Now, take all the 'flips' and write a character and person that fits all of those things.

Add into that:

- What other qualities do you want to have?

- What do you want to wear?

- How do you want to look after yourself?

- What do you want to do for fun?

[Empty response box]

- Name 3 people who inspire you (celebs, family, people, colleagues) What is it about them you love?

[Empty response box]

There will be something about these people that you want to adopt within yourself.

This is the START.

Next is bridging the gap from old to new, so practising, behaving, talking and acting like this person.

- How do you want people to describe you?

[Empty response box]

- How do you want to be remembered?

[Empty response box]

- What do you need to do to get closer to this person?



- How do you dress, how is your hair, how is your house, what makeup do you wear, do you go to the gym, yoga, classes, do you go out for lunches, do you see family and friends, are you happy, positive, successful?



Throw out tatty clothes, be better with money, book gym classes or get a dvd, fix your hair, take your personal development more seriously and create a routine, vision boards, recordings.

TIPS

The next time you hear yourself talking negatively, or behaving negatively, **INTERRUPT YOURSELF**, stop that old voice and replace it with your new person. I used to catch myself and be like 'shut up shut up shut up, blah blah' literally out loud and it works, it breaks the loop.

Make this a 30 day habit. You **MUST** form a repetitive routine for this to sink in. It's taken your entire life to create this you, you won't undo it just by writing out a few sentences today, or just writing. You have to **ACT** like her, **DRESS** like her, **TALK** like her, **BEHAVE** like her..

To make things easier, record the new you in your phone and listen **ALL** the damn time, in the car, walking, shopping, in the bath. It then works not only subconsciously but it's a piece of cake just pressing play! If you record with feeling and excitement, in certain scenarios, it's Law of Attraction magic.

You can't get more powerful vibes than living in the moment of your future desires. You will start to see differences in your decision making, you will handle situations differently automatically and your life will evolve faster, your mind is incredibly powerful and this is setting your mind for a new you.

Use vision boards and stick notes around the house, set reminders on your phone how fab you are, book the yoga class.

Throw everything at it, its worth it!

